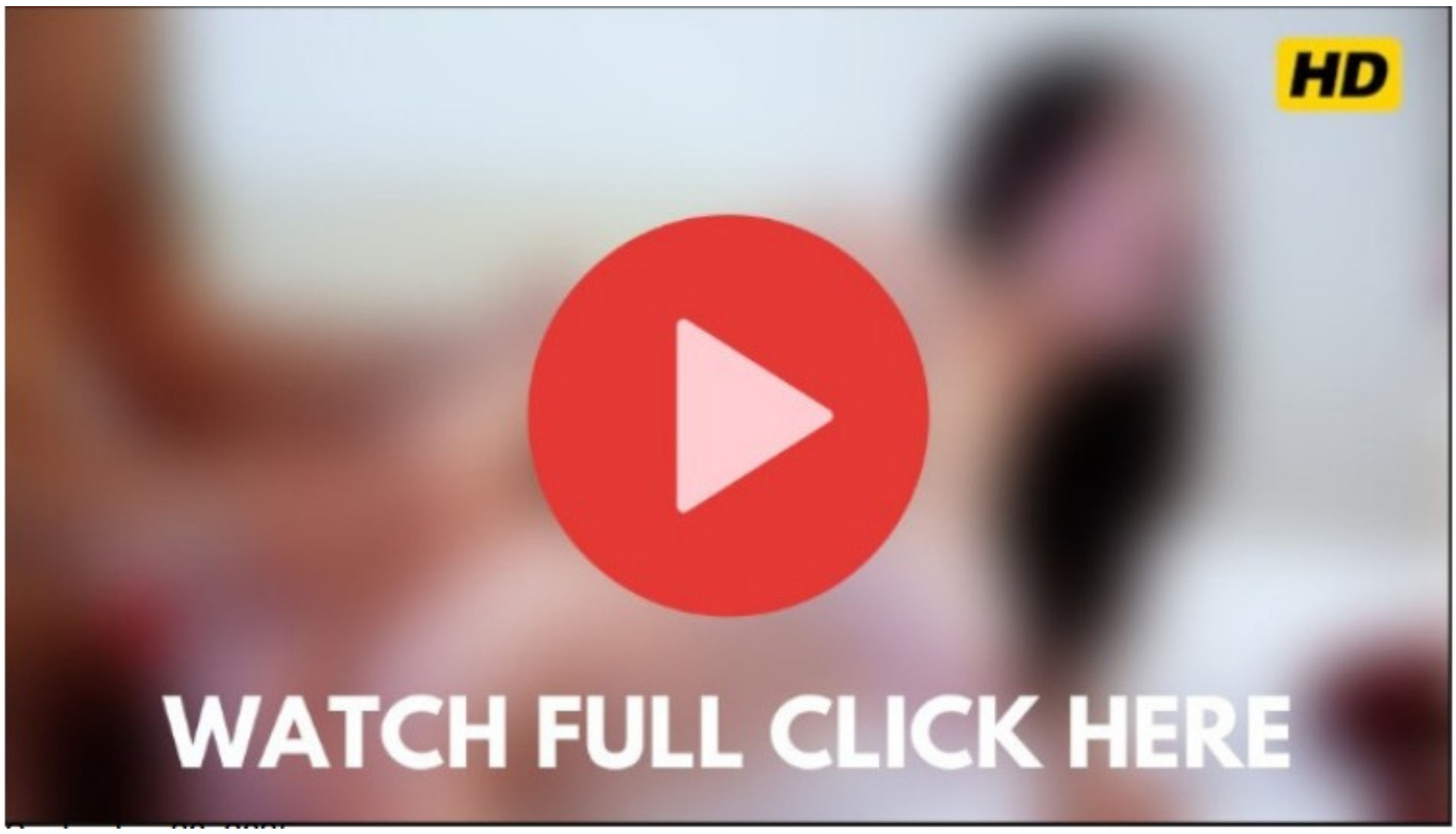https whatsapp com channel VbChJEPrHNLMD